

Conscious Cafe Skipton December 2019

“What is a life well-lived?”

Coming towards the end of the year, and the end of the second decade of the new millennium, it's worthwhile pausing & giving some thought to this enquiry.

Perhaps if this is something that can be said about some people in their obituary or at their funeral .. how would we answer this question for ourselves ***in our own lifetime?***

- **My life story**
 - what is the narrative that I have lived by? (Tip: What do I **say** and **think** about myself .. how do I express that to others?)
 - Am I happy with it? (*has anything happened to shift my original ideas about myself?*)
 - Do I think anything is missing? Do I have any sense of incompletions?

- **How high have I set the bar?**
 - (Tip: what are the expectations that I have had in my life, and maybe continue to have)
 - Do I compare myself well with others?
 - Have I had rules for success that have:
 - served me well and given me a good roadmap for accomplishment?
 - Have I under-estimated how far I can or could go?
 - or perhaps ... my rules have not served me at all? Why is that?
 - Where did I get my ideas from about success?

- **Moving Forward in my Life**
 - Is it time for me to change anything? Am I comfortable continuing to plough the same furrow?
 - Do I have a feeling of having missed out / needing to make up?
 - What do I want more of? .. and I am OK not to want anything more or different

- **Am I ready to celebrate ME?**
 - Is it easy for me to acknowledge all the great things about me and what I have done?
 - What do I think other people say about me ...?
 - What is a good way of **celebrating me** .. and all that I already am?
 - What do I consider a **waste of my time**, energy, resources, life-forcemoney.. that I could best utilise elsewhere?
 - And on reflection, has anything that I considered 'wasted' turned out to be of value?
 - Do I like **who I have become**?
 - What am I going to do less of and more of?

Check out the blog post with 20 insights from the evening

<https://feminineleadershiptoday.wordpress.com/2019/12/12/what-is-a-life-well-lived/>